

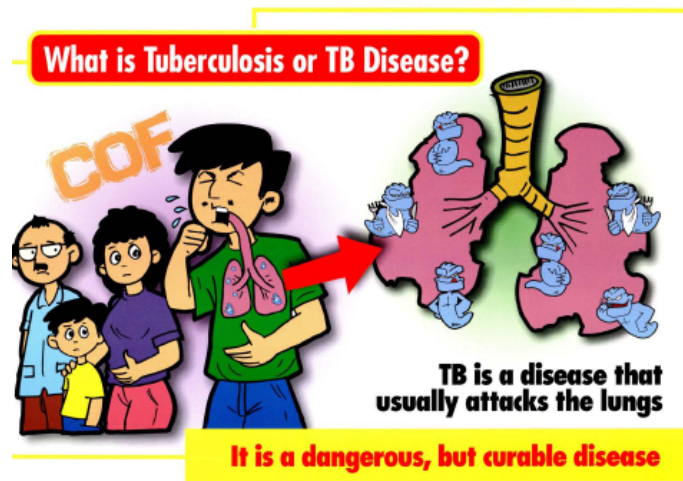


### **How to use this Flipchart?** ***Instructions for the Health Care Worker***

- Greet the patient and explain the reason for their visit: they will begin treatment for TB.
- Sit in a quiet space with privacy, with light and ventilation if possible. Situate yourself a short distance from the patient so the patient can easily see the letters and images in the flipchart.
- Explain to the patient (and his/her family if they are present) that you are going to talk about tuberculosis, the treatment for it, and how to complete this treatment if he/she crosses the U.S. - Mexico border. Before you begin, ask if the patient has any questions and let him/her know that they can interrupt you if they have a question of not understanding something.
- Use the familiar or formal “you” depending upon your relationship with the patient or based on the patient’s age.
- Show the flipchart one page at a time and follow the instructions on the back of each page.
- Take advantage of any chance to encourage the patient to adhere to the treatment.
- When you finish, ask the patient and family members if they have any questions and remind them of resources that are available (healthcare workers who will answer their questions, patient support groups, therapists, incentives/enablers, etc.)
- Thank the patient for his/her time and say goodbye.

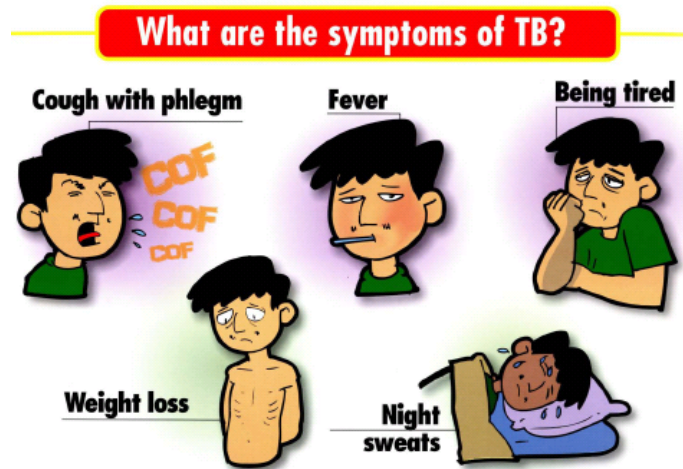
### **SUGGESTIONS FOR IMPROVED COMMUNICATION IN THE MEETING.**

- The first contact is vital in order to establish a relationship with the patient and those who may accompany him/her. Demonstrate to the patient you care about his/her situation by showing understanding, respect, and sincerity.
- Identify the needs of the patient. Listen and ask how she/he feels, clear up any doubts or fears the patient has, and encourage questions. Speak with simple language, and with clear and ordered thoughts.
- Use open/positive body language and expressions and make sure any misconceptions about TB are addressed.
- Make sure the patient has understood what you have said. Ask them to repeat information or instructions. If the patient does not understand or remember information, clarify any doubts.



### What is Tuberculosis or TB Disease?

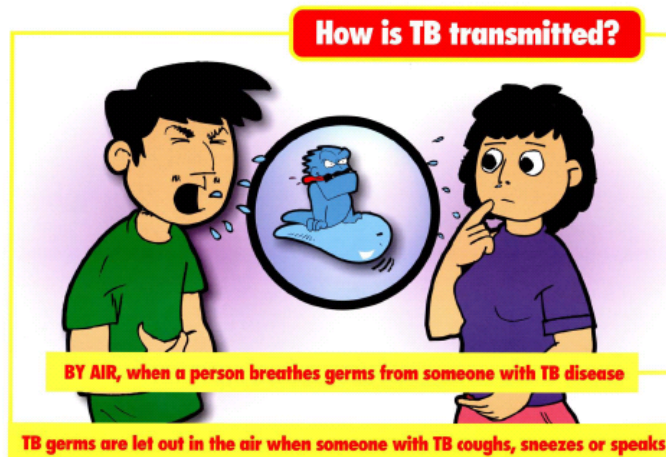
- Tuberculosis or TB is a disease that usually attacks the lungs and it sometimes attacks other parts of the body like the brain, spinal column, or the kidneys.
- It is a dangerous, but curable disease.
- It can be treated and cured, but we all have to do our part to beat TB.
- Anyone can get tuberculosis; it is not your fault for getting sick.



### What are the symptoms of TB?

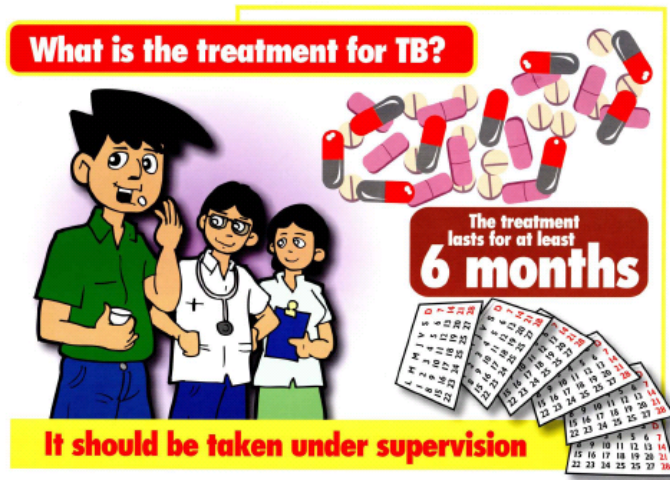
- Cough with phlegm for more than 2 weeks, at times it may be with blood
- Fever
- Being tired
- Weight loss
- Night sweats

***Not all patients have the same symptoms.***



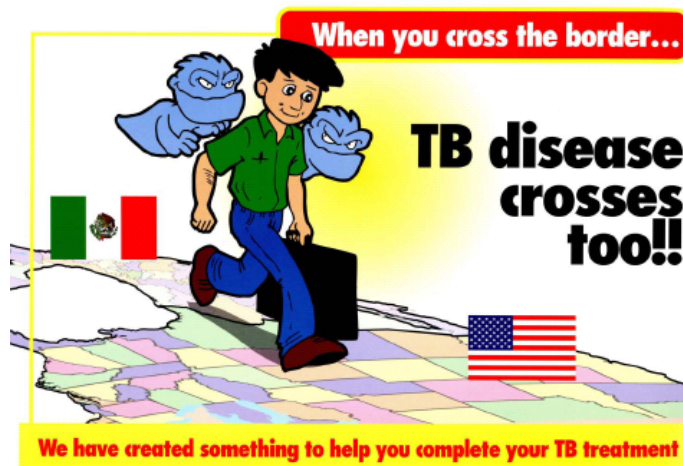
### How is TB transmitted?

- TB is transmitted through air.
- When someone with TB coughs, sneezes, or speaks, the TB germs are let out in the air. When another person breathes these germs, TB can be transmitted. This is why we should cover our mouths when we cough or sneeze.
- It is not transmitted by using utensils of someone who is sick with TB.
  - *You do not have to use separate utensils to protect your family.*
  - *You do not have to wash your utensils separately.*
- It is not transmitted by greeting someone (shaking hands, kissing the cheek, or hugging).
- It is not transmitted using someone's clothes or bed sheets.
- It is not transmitted by blood transfusions or by breast milk.



### What is the treatment for TB?

- In general, each patient receives up to 4 drugs.
- Treatment for TB is free of for a very low cost.
- The treatment last for at least 6 months.
- Usually, patients take drugs every day.
- All doses of the TB drugs should be taken under the supervision of a health care worker or other responsible person.



### When you cross the Border...

- If a patient with TB crosses the US-Mexico border, his/her TB disease crosses as well.
- You should never abandon your treatment for TB even if you are crossing the Border.
- Even if you do not feel sick, you must always continue with your treatment to completely kill all of the TB germs.
- We have created a system called the Binational Health Card to help you complete your TB treatment if you cross the US-Mexico border.



## **This is the Binational Health Card for TB**

***Give a Binational Health Card to the patients.***

- This Binational Health Card is for TB patients who might travel between the US and Mexico during their TB treatment.
- Although you may not have plans to travel now, we want to give you this card in case you travel between the US and Mexico during your treatment.
- Remember that TB treatment lasts for a minimum of 6 months.
- If you cross the US/Mexico border during your treatment, the Binational Health Card will help you to contact your health provider.



**This Card is an agreement between the US and Mexico to ensure that TB patients from both countries complete their treatment and are cured of TB**



**This Card is an agreement...**

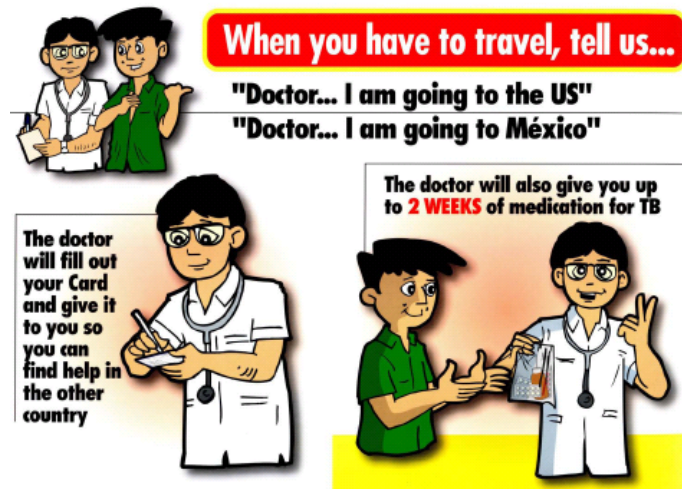
- The Binational Health Card is an agreement between the US and Mexico to ensure that TB patients from both countries complete their treatment and are cured of TB.
- This Binational Health Card will help your doctors in the US and Mexico to communicate to each other and ensure that you have the best treatment possible against TB so that you can complete your treatment successfully.





## The Binalational Health Card is confidential

- The Binalational Health Card was designed to help you.
- The Binalational Health Card is confidential.
- As you can see, neither your name, nor the word "tuberculosis" appears on the Card.
- There is no reference to your immigration status on the Card.
- No one can use this Card to deport you or put you in jail.
- We only care about your health, not your legal status.
- The Binalational Health Card has information about where you received the Card, when you initiated your TB treatment, the date of your last dose of TB treatment, what TB drugs you are taking, and if you have received supervised TB treatment.
- Two of the most important items on the Binalational Health Card are the telephone numbers to call if you need help.
  - There are telephone numbers for the US and for Mexico
  - **THE CALLS ARE FREE.**



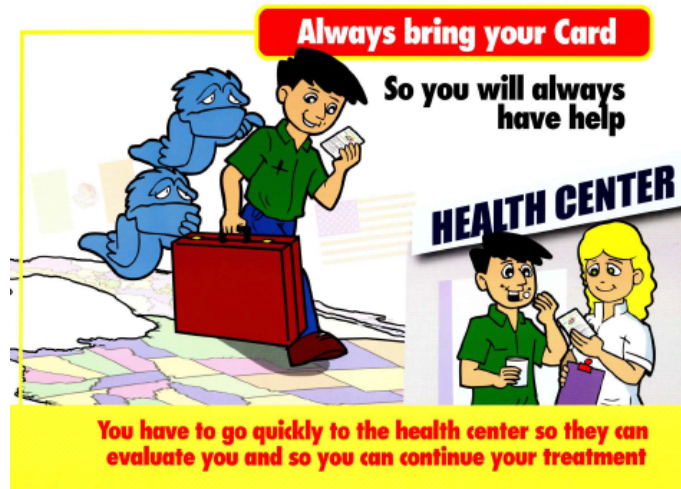
### When you have to travel

- If you think that you will cross the US-Mexico border for work, to visit your family, to move, or for any other reason—even if you plan to go for a very short time, tell your doctor that you are going.
- The doctor will fill out your Binational Health Card and will give to you so that you can find help in the other country and continue your TB treatment.
- The doctor will also give you up to two weeks of medication for TB.
- In order to be cured, you must continue your TB treatment, even though you are traveling.



## **I am going to work or visit the US or Mexico**

- Go to your local health center as soon as possible when you are at your destination or if you are going to stay in a different place for a long period of time.
- Present the Binational Health Card to the health care personnel.
- If you leave without telling anyone, and you don't know where to go for your treatment in the US or in Mexico, call the numbers on the Card to find the nearest health center.



### **Always bring your Card**

- Always keep your Card with you.
- The Card will help you find the closest health center.
- You have to go as soon as possible for an evaluation to the health center so they can evaluate you and so that you can continue your treatment. Remember that you have to take at least 6 months of treatment to cure TB disease.



### Arriving to the US or Mexico

- When you arrive to the US or Mexico, visit the health center and show them your Binational Health Card.
- You should go to the health center as quickly as possible to continue and complete your treatment.
- Remember that the treatment and management of TB is free or for low cost and is confidential in the US and Mexico.



### Did you need help?

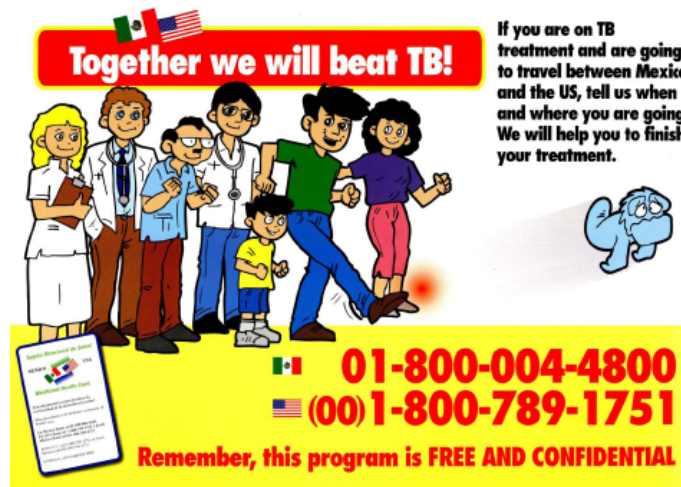
- If you can't find a health center, if you have a doubt, or need help at any time during your TB treatment, call the telephone numbers on the Binational Health Card.
  - In Mexico, the number is 001-800-789-1751
  - In the US, the number is 1-800-789-1751
  - You can also call to the Mexican Epidemiology Center (UIES) 01-800-004-4800  
*"Unidad de Inteligencia para Emergencias en Salud"*
- Give your doctor the CureTB phone number.
- **REMEMBER, THESE CALLS ARE FREE**



### If you cross, don't abandon your treatment

- Always bring your prescribed TB medications.
- Go to the health center as soon as possible when you cross the border.
- **DON'T ABANDON YOUR TREATMENT** if you cross the border. If you have your prescribed TB medications complete, do not stop taking them.
  - **Stop taking them only if you run out of any of your prescribed TB medications or if they make you feel bad and try to contact your doctor in the other side of the border as soon as possible.**
  - Remember, it takes a long time for the medicine to completely kill all the TB germs.
- Remember, **TB IS CURABLE IF YOU FINISH YOUR TREATMENT.**





### Together we will beat TB!

- If you plan to travel for work, shopping (whether or not you are legal or illegal in the US), etc. tell us when and where you are going.
- With the Binational Health Card, we can help you complete the treatment.
- Remember, if you have any question or doubt; call the free numbers in Mexico or the US.
- Remember, this program is **FREE AND CONFIDENTIAL**.